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October 2013



Hours of Operation
Monday-Friday 5:45am-9:00pm
Saturday-7:00am - 7:30pm
Sunday 7:00am-6:30pm

Club Changes

As we continue to move in a direction of positive growth, we will be seeking a new Director of Tennis who will grow our adult and junior programs, as well as manage the current programs in a new direction that is positive for the over-all health of the club.

Welcome New Members

ATFC would like to welcome the following new and returning members: Tricia Acheatel, Anastasia Aday, Barbara Bailey, Anne Beaufort, Richard Benson, Todd Beveridge, Corinne Calderon, Jose Calderon, Sierra Faith, Donald Follmer, Donald Free, Michael Gooding, Piper Gooding, Riah Jafadi Gooding, Harry Hutton, Jimm Jean, Wink Jean, Zoe Laidlaw, Darci Mason, Cathryn Moore, Patricia Morris, Marissa Parliament, Meela Parliament, Kathy Price, Vanessa Scott, Carolina Senestraro, Neeta Singh, Elizabeth Thurn, Joseph Tomlin, Susan Tomlin, Kristen Tussey, Evie Watt & Randy Watt.

Member Social

Do not forget that on October 25th from 6 - 9 pm the club will be hosting a Member Social. All members, children and friends are welcome to participate. There will be live music and a potluck dinner. A sign up sheet for the potluck will be located at the front desk.

Hunter Park Clean Up Coming Again

The club adopted Hunter Park and is responsible for helping to keep it maintained. Since its been several month since the last clean up before the Big Al's Tournament means those persistent weeds have cropped up again. The clean up day will be on October 19th from ????. We are hoping that some new volunteers will be able to help out! A sign up sheet will be posted at the front desk.

Fall Detox Week

Fall is a great opportunity to assess your state of health and realign with your natural rhythms. Join **Sofia Onstad with Yoga Detox classes**. Start your day **M-F Oct 14th -18th, 6:30-8am**, to build cleansing heat in our systems through yogic postures (Asanas) and breathing techniques (Pranayama). This program will also include, goal setting, recipes and journaling. Each class will focus on a specific element of our daily lives (stress, relationship to food, exercise, etc.), in order to bring awareness to the choices we make surrounding our wellness. Ideally, sign up for the full 5 day session, but drop ins are permitted. No experience in Yoga necessary, just the desire to improve your self. \$8/day for members of ATFC \$10 for non-members

Doubles Tournament Nov 8-10

The club will be hosting a doubles tournament from November 8 -10th. More information on this event will be coming out soon!

New Men's Tennis Night and Ladies Day

This month Men's Night will be on Tuesday the 24th from 7:30-9 pm. Ladies Day will be on Wednesday the 25th from 1:15 to 2:30 pm. Both Gail and Leo will be facilitating this event. Sign up sheets for both events will be located at the front desk.

USTA Team News

ATFC is fielding four teams for the fall USTA season: Mixed 6.0, Mixed 7.0, Women's 55+ 6.0 and Women's 55+ 8.0. Come cheer on your club-mates and enjoy some exciting tennis! On October 6th at 10:45 the Women's 55+ 8.0 matches and at 2:30 the Mixed 6.0. Then on October 13th at 10:45 its the Mixed 7.0. matches. By the way, as of this writing, ATFC is undefeated!!

Board of Directors:

Justine Bowen-Jones - President
Christie Chiang - Treasurer
Carolyn Kennedy - Director
Sid Copilow-Director

Lee Schnitzer - Vice President
Vicki Foley -Secretary
Linda Florin- Director

Check Out Some of Our New Upcoming Classes

Aqua Fit - Whether you're trying to maintain your current level of fitness or reach a new level, the added benefit of training in water makes our aqua workouts safe and fun without impact to the joints. Even people who suffer from arthritis may want to give these classes a try! Because of their low-impact format, aqua aerobics classes are suitable for every fitness level – from beginning exercisers through elite athletes.

Real Women Lift Weights - This class is designed to help women of ALL ages who want to take control of their body, gain self-esteem and make strength training a priority! **Women can lift weights**, even very heavy weights and **look feminine**.

Do not forget starting on October 1st there will be no more \$2 fitness class fees except for our specialty classes.

Take Our Special Cardio-Boxing Class

For just \$70 a month take all the Cardio-boxing classes you can.

Cardio-boxing is a great way to condition the whole body because it builds muscle strength, endurance, balance, agility and coordination all at the same time. Boxing is considered by many to be one of the best exercises because of its ability to help condition the entire body in one workout.



Brandon Baldwin

Brandon was certified in 2011 at the original AEROSPACE™ New York under former professional and accomplished boxer Michael Olajide Jr., where he learned to hone his jump, box, and power skills and apply them to a refreshingly difficult new type of workout that leaves no muscle unused. Brandon's patient approach, high energy, and focused intensity provide him with a unique set of tools necessary to teach all levels ranging from the most advanced athletes to the most inexperienced beginners.

Karolina Lavagnino

Karolina is an energetic high intensity Cardio Boot Camp instructor with over 8 years experience of high level fitness instruction. Her ultra-fit life style of running marathons and ultra marathons as well as her fitness knowledge makes her a perfect fit for ATFC. Karolina's attention to detail and focus on member success in her Boot Camp class allows her to have a strong following throughout Ashland. Her fun and passionate energy is a great fit in our new fitness schedule.

Current Fitness Class Schedule

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|------------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|--------------------------------------------------|------------------------------------------------|-----------------------------------------|
| Cardio Boxing 6:00-7:00am Brendon | Cardio Boot 6:15-7:00am Karolina | Cardio Boxing 6:00-7:00am Brendon | Cardio Boot 6:15-7:00am Karolina | Cardio Boxing 6:00 -7:00am Karolina | Strength Train 8:30-9:30am Steven | Vinyasa 9:30-11:00am Sofia |
| Power Lift 8:30-9:30am Sofia | Aqua Fit 8:30-9:30am Molly | Power Lift 8:30-9:30 am Sofia | Aqua Fit 8:30-9:30am Molly | Power Lift 8:30-9:30am Sophia | Gyrokenesis 8:30-9:30am Avril | |
| Pilates 9:45-10:45am Richard | Cardio Boxing 8:30-9:30am Brendon | Vinyasa Yoga 9:45-11:00am Sofia | Cardio Boxing 8:30-9:30am Brendon | Vinyasa Yoga 9:45-11:00am Sofia | Pilates 9:45-11:00am Richard | |
| Beginning Pilates 11:00-12:00am Richard | Hatha Yoga 9:30-11:00am Steve | Teen Yoga 4:00-5:00 Sofia | Pilates 9:45-10:45am Richard | Cardio Boxing 12:15-1:45pm Brendon | | |
| Gentle Yoga 4:30-5:30 pm Sofia | Women Lift 10:00-11:00 Molly | Gentle Yoga 5:15-6:15pm Sofia | Women Lift 10:00-11:00 Molly | Teen Yoga 4:00-5:00pm Sofia | | |
| | Ballet Barre 12:15-1:15pm Jami | | Ballet Barre 12:15-1:15pm Jami | | | |